



# Delivering Collective Action

Summer 2024+

A newsletter from the *Middlesbrough Mental Health Collective*.





# Summer 2024

The Middlesbrough Mental Health Collective celebrates the first year of contributing to Community Mental Health Transformation. In the last 12 months the MH Collective has strengthened the partnerships between the VCS members and wider stakeholders through a range of meetings, workshops and conversations. We are excited to progress this work in the coming 12 months with our members and stakeholders.

## In this issue:

Community Mental Health Transformation in Middlesbrough – What the Collective has achieved

Involving people with Lived Experience

Spotlight on South Tees Wellbeing Network



The Middlesbrough MH Collective has been contributing to the Community Mental Health Transformation Programme for a year. Here are some highlights from our first year.

## Supporting

**Delivery:** Over 3400 contacts were delivered by the Middlesbrough MH Collective to 220 individuals in the first year demonstrating the high level of demand being met by the VCS.

**Virtual Huddles:** members of the MH Collective are attending the huddles more frequently resulting in information being shared about the range of expertise and support available in the community. Resulting in more appropriate and timely referrals to specialist services.

**Partnership working:** Staff state that they are more likely to pick up the phone now to ask for advice from a colleague in another organisation which occasionally results in joint working to support an individual with multiple complex needs.





**Case study:** When a learner at The Hope Foundation disclosed a sexual assault, Arch Teesside responded by sending a specialist worker to the center immediately. As a result, this professional provided the appropriate support to the individual and offered guidance to staff on how to manage such situations effectively should they occur in the future.

## Connecting

**Spring Conference: Taking Collective Action on Mental Health.** This was well attended by the VCS and partners. Key outcomes were increased knowledge of CMHT and the range of support available from the VCS. The opportunity to meet people from other organisations was welcomed and described as beneficial.

**Netwalking event:** in response to requests for more opportunities to network, the first Netwalking event took place on 17th June and 13 people attended from 7 different organisations. The feedback was positive with people saying how beneficial it had been to walk while making connections with others. A second 'Netwalking' event is planned for 16th September 2024 at 9.00am in Stewart Park.



## Partnership Working

Members of the VCS, TEWV, Social Prescribing, Adult Social Care came together to identify priority issues in people accessing mental health support and care and suggested achievable solutions. A group of staff and people with lived experience are working together in partnership to co-design a core trusted assessment and referral process.

The Impact on Teesside Recovery College and TEWV jointly developed and delivered a well-being course with materials and resources adapted to meet the needs of people with ASD. This is offered to people on the waiting list for diagnosis and is well-received. There are plans to run this course regularly.

The café manager at the Hope Foundation, working with a mental health support worker from TEWV, set up a drop-in group in for people with SMI supporting them to build connections in the community. Some of these individuals were socially isolated and now they have friends and attend activities in Hope café independently.

The care navigators now have a regular presence in the Hope Foundation and Breckon Hill Community Centre supporting people attending those centres.



## Learning

**Collecting the evidence:** The MH Collective developed a learning framework to inform the evidence that would be collected to demonstrate the impact of the VCS in CMHT. Qualitative evidence from staff and senior managers in the Collective and partner organisations is being collected using the Most Significant Change evaluation tool.

**Learning Together Sessions:** Staff continue to attend the monthly Learning Together sessions and there is a full programme of topics throughout this year. The sessions are facilitated by organisations within the MH Collective, wider partners and external agencies. They are well attended and receive positive feedback.

**“These Learning Together sessions are invaluable. Learning about what the partner organisations are doing, their approach and also to network with others is hugely beneficial.”**



### What the CEO's are saying...

“The Middlesbrough Mental Health Collective have enabled people to recognise our professionalism in terms of mainstream services. It has also informed people with an understanding and the knowledge that when we do something, we do it well and are recognised for supporting people's mental health in Middlesbrough.” **Emma**

“The MH Collective and the events help TEWV to recognise the expertise and compassion in the VCS and take us seriously as partners.” **Anna**

“It's about the values, it's not a funding led collective, it's a values led collective which makes a whole lot of difference, if it was about chasing money the dynamics in the group would change. It's a very equitable group. It does feel like a mutual collective approach.” **Kevin**

## Planning a Women's Peer Support Group in partnership

A group of women, supported by Arch Teesside, Recovery Connections, Teesside Mind, TEWV, and Peer Support Network have started planning a peer support group for women experiencing trauma and issues with their mental health. Red Balloon Peer Support Network, MVDA and Middlesbrough Council are also lending their expertise to assist the women in designing their group.



## Spotlight on South Tees Wellbeing Network



**“We are the people-oriented network for the amazing paid staff and volunteers who work in wellbeing improvement across Middlesbrough, Redcar and Cleveland.”**

- We **CONNECT** our members to each other, their services, their experience, wisdom and resources.
- We **EXPLORE** the understanding of wellbeing issues, find solutions and learn together.
- We **ACT** with our members, collaborating in the interest of community needs, with a focus on person-centred, trauma informed working

Find out more and join our community today at [www.teeswellbeingnetwork.org/about-us](http://www.teeswellbeingnetwork.org/about-us)

## What CMHT Co-production members are saying about their experience of being involved:

"I have got a sense of achievement through the work we have completed and it has helped me in my recovery. I have had a sense of purpose and something to get up for and look forward to whilst waiting for therapy."

"Being involved in this work has massively improved my mental health"

"I have felt listened to and my opinions valued. Being involved has improved my feeling of self-worth."



## Join us...

The Middlesbrough Mental Health Collective is looking for people to join our co-production group. We have a range of opportunities to get involved in.

We are holding an Information day in partnership with Arch Teesside, HealthWatch, MVDA and Teesside Mind on 28th August in The Exchange, Hill Street Centre, Middlesbrough. Pop along and have a chat with us.

The co-production group are writing a training session on service user involvement based on the Involvement Framework they developed. This session will be delivered by members of the group at the November Learning Together session.

If you are interested in joining the MH Collective or have enquiries, call **01642 257020** or email: [sarahjane.ashcroft@teessidemind.org.uk](mailto:sarahjane.ashcroft@teessidemind.org.uk)

